



# Rehabilitation

California Department of Corrections and Rehabilitation, Division of Rehabilitative Programs

# Today!

## CDCR STEP DOWN PROGRAM

The Step Down Pilot Program (SDP) is CDCR's voluntary behavior based program for Security Threat Group affiliates which began on February 1, 2013, as a result of the joint effort of the Division of Adult Institutions and the Division of Rehabilitative Programs. The SDP provides housing, enhanced programs, interpersonal interactions, as well as corresponding privilege and personal property enhancements for SDP participants located at the Security Housing Units PBSP, COR, CCI, and SAC. Why would an inmate participate in the program? Those inmates who are selected by committee to participate in the SDP are eligible for the following: Increase in educational/self-help programs, increase in personal property/canteen draw, television and radio access, and release to General Population for those who qualify.

The SDP consists of five steps. Each step consists of journaling activities, educational programs, life-skills videos, and access to the institutional library. The journal activities written by *The Change Company* allow the participants to explore views on values, lifestyle choices, peer and family relations, violence prevention, communication, victim awareness, and substance abuse. Steps 1 and 2 of the program involve in-cell journaling, video electives, educational programming options, and access to the institutional libraries. Steps 3 and 4 incorporate program components of Steps 1 and 2, but also utilize facilitation in groups to influence change. The video electives focus on pro-social skills and consist of titles such as "Rage, Recidivism and Recovery" and "Psychology of Addiction." Educational options for participants include Adult Basic Education I-III, GED, high school diploma classes, and correspondence college courses.

Click "[here](#)" to see the Security Threat Groups memo that outlines the Step Down Program

## Providing Inmates with Valuable Programs Prior to Release

Within CDCR the Division of Rehabilitative Programs staff work collaboratively with the Correctional Counselors, Institutional Executive Staff, and Inmate Assignments to place "the right inmate in the right program at the right time."

## Substance Abuse Treatment Programs



CMC SAP Graduation

CDCR has Substance Abuse Treatment (SAT) programs run by at twelve institutions located throughout California. The program is a five-month model which includes substance abuse and some additional cognitive behavioral therapies.

In 2012, over 5,000 inmates participated in the SAT program. In this same year 2,775 inmates exited the SAT program with 2,235 inmates successfully completing the entire five-month program. This equates to an 80.6 percent completion rate.

Inmates receive the SAT program near the end of their incarceration, and are encouraged to participate in continuing care in the community upon release. The 2012 CDCR Outcome Evaluation Report documents the recidivism rate for inmates who participate in SAT and complete aftercare is 31.3 percent, whereas, inmates who do not participate in SAT and do not participate in aftercare recidivate at a rate of 63.9 percent.

CDCR appreciates the staff and contractors who work in these programs and help change lives. CDCR continues to explore new programs and curriculum to reduce recidivism and enhance public safety.

## Offender Mentor Certification Program (Male)



*"The work is very fulfilling, and I am grateful for the opportunity to help fight the deadly disease of addiction."*

CDCR, in collaboration with the California Association of Alcoholism and Drug Abuse Counselors (CAADAC), has developed and implemented the Offender Mentor Certification Program (OMCP). This program utilizes long-term and lifer inmates. They undergo intense training and are given the opportunity to pass an internationally recognized written examination to become a certified drug and alcohol counselor licensed by the state of California. These OMCP Mentors have been placed in many institutions to complete a required 4,000 internship hours as co-facilitators under the supervision of contract substance abuse treatment staff. At the completion of their internship, each Offender Mentor must pass the CAADAC oral examination to obtain their Alcohol and Drug Counselor certification.

Mr. Hillary graduated from the CAADAC program at CSP-Solano. He graduated in August 2009, and was released March 26, 2012. He immediately began his employment at Options Recovery Services as a CAADAC intern the very next day!



*The OMCP program can "take what was once a cancer in the community and put that person back as a healthy, productive citizen and leader."*

*Eric Borchert,  
OMCP*

## Offender Mentor Certification Program (Female)

In 2010 CDCR offered an opportunity to incarcerated females to receive training through the State to become certified drug and alcohol counselors. The program was so successful that two years later the program was offered again. Between both female prisons, 20 female women offenders are certified drug and alcohol counselors and work within the prisons' Substance Abuse Treatment (SAT) programs, which offer drug and alcohol rehabilitation to the female prison population.

The women who have received their drug and alcohol certifications through this program are amazed at the transformation of their own lives, as well as having the opportunity to work to better the lives of other incarcerated women. "The program was intense. It demanded that we address our own issues before working with others in order to help them change their lives."

On any given weekday, you can walk the halls of the California Institution for Women's Human Potential Consultants "Above the Horizon" SAT program and find the female mentors running a group, doing one-on-one interviews, or leading a seminar. They facilitate groups addressing everything from drug addiction to behaviors and beliefs that lead to criminal behavior. Counselors, staff, and mentors work closely with each other to enhance the treatment process for clients. One mentor states "the clients are ready for this, they want help, they want to change and that is what we do... it is what we are here for. We are change agents."



## Coming in March!

Be on the lookout for:

- The Recidivism Report
- Reentry Hub Video for Staff and Inmates
- Correctional Counselor Training
- Motivational Interviewing Training at CIM, CIW, CRC, CVSP, ISP, CBU

